



## Christmas Head - 4 December 2021 Competitor Instructions

This document covers:

1. Entries
2. Pre-Race and boating
3. Marshalling
4. Racing
5. Prizes
6. COVID-19 Protocols
7. Safety
8. Contacts
9. Course Map
10. Emergency Access points

### 1. Entries

Entries are invited from CUCBC and CRA clubs. Other clubs interested in participating should contact the Events Secretary.

Events will be held for each boat class across **Open, Women's** and **Mixed** categories and in: **8+, 8x+, 4-, 4+, 4x, 4x+, 2-, 2x, 1x**

- **Events** will be banded as follows:
  - **Championship** – For crews aiming to compete nationally or that are CUCBC Bumps Division 1 standard
  - **Club** – For experienced crews that expect to compete locally or in lower CUCBC Bumps divisions
  - **Novice** – For crews that have only started rowing since September 2020
  - **Masters** – Categories from Masters A to I as defined by British Rowing
  - **Juniors** – Categories from J13 to J18 as defined by British Rowing banded into two year age brackets

Where an event has a small number of entries, the organising committee may band events together.

Division times are as follows:

- Division 1: 10:00am
- Division 2: 12:00pm
- Division 3: 14:00pm

Crews may express a preference for a division and to avoid a division when entering. The organising committee will try to accommodate preferences where possible. However, each division will have numbers limited for safety reasons.

Entries are to be made online at <https://www.droplet.events/christmas-head>. **Entries close at 10pm on Sunday 28 November.**

Race fees are £10 per seat excluding the cox. Fees will be collected using Droplet. Any crew that has not paid its entry fee before the event will not be allowed to race.

In the event that the race is cancelled or needs to be reduced in size due to government restrictions refunds will be given.

## 2. Pre-Race and Boating

Race numbers can be collected from the City of Cambridge on Saturday 4 December from 8 am. Numbers will be boards that fit into boat Empacher slots. **At the end of racing each club must return numbers to the City of Cambridge boathouse where there will be a "post box" for numbers. Any number not returned will incur a £5 charge to cover the cost of replacement.**

Crews in Divisions 2 and 3 that boat early will not be allowed downstream of Green Dragon Bridge until the previous division has completed racing.

All junior crews racing as J13 or J14 should have a bank party.

**Marshals may do spot checks on equipment** (as per RowSafe guidelines and to ensure that and "fancy dress" is safe and will not hinder athletes from getting clear of the boat in the event of a capsize.

## 3. Marshalling

**All crews must be in the marshalling area 30 minutes before the start of their division.** All crews should row to the end of the marshalling zone before spinning and returning to their marshalling position. All crews will marshal on the towpath side of the river. Numbered boards will indicate the marshalling positions of crews.

## 4. Racing

Crews overtaking have priority on the racing line (i.e. the inside line on any corner). Any crew impeding another during an overtaking manoeuvre will be awarded a time penalty. Claims of impedance must be reported to the finish immediately after the division.

We will be streaming coverage of the race using Facebook Live. The entry form also asks for some bio details of each crew to assist the commentary team. We aim to do some interviews with crews prior to each division, but will not be interviewing any junior crews. If there are any crews that should not be filmed or interviewed then please let the Events Secretary know before the event.

Once crossing the finish line crews should continue to row until they are past Green Dragon Bridge.

Competitors and coaches are reminded of the need for courtesy to other river users, including walkers and anglers and to respect the river's wildlife.

Timing will be by RowClock with back-up paper timing. In the past some crews have queried times on the basis of in-boat timing apps such as Strava and Rowing In Motion. Having tested these we have found that that times from the apps can vary by as much as 5 seconds from people in the same boat. Such timings will therefore not be considered in any appeal.

Time penalties may be awarded for any crews not following the event instructions or acting in an unsporting manner.

## 5. Prizes

Prizes will be given for:

- Senior categories with 3 or more entries
- Junior categories with 2 or more entries
- The best fancy dress
- The best line around Ditton Corner

Prizes will be presented at the City of Cambridge Boathouse after the event.

## 6. COVID-19 Protocols

Clubs should follow their own COVID-19 safety rules.

However, we would like to encourage all competitors and supporters taking part to take a lateral flow test on the day of the competition before they attend the event.

## 7. Safety

### Competitors' Responsibilities

City of Cambridge Rowing Club personnel will endeavour at all times to ensure a safe event, but all competitors must follow marshals' instructions and be alert at all times to the safety of themselves and others.

All competing Clubs have the responsibility to ensure that their crews and scullers abide by the Row Safe: A Guide to Good Practice in Rowing. In particular, all Clubs must ensure that:

- Inexperienced crews have experienced coxswains.
- Coaches of novice/junior crews evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle, carrying a throw-bag, to escort them before, during and after the race. All junior 15s & under in small boats MUST have a bank party on a bicycle, carrying a throw-bag.
- Competitors are aware of the BR Row Safe Code, the Event Safety Information and Competitor's Guidance and have been instructed in capsize drill.
- Competitors are competent to take part in the event without putting other people at risk.
- Competitors are responsible for proceeding safely at all times, especially to the start and after the finish.

The Row Safe guide is available at <https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

### Equipment

It is the responsibility of each crew to ensure that the equipment they are using is safe and compliant with the requirements of the BR Rules of Racing and Row Safe: A Guide to Good Practice in Rowing. Spot checks may be made on bow balls, heel quick-release mechanisms, rudder lines and coxes' lifejackets prior to racing. Coxes arriving at the start without a suitable lifejacket or buoyancy aid will be disqualified. Any boat deemed unsafe will be disqualified and asked to return to its boat house with its crew.

### Swimming Ability

Every competitor is expected to be in good health and must be able to swim a minimum of 100 metres in their kit. The river is relatively narrow and shallow in most places, and there is good access from the bank along the extent of the race course, however all crews should make due allowance for

the stream and for points of the river which have increased depth or where navigation is more difficult.

### Juniors

Coaches of novice/junior crews must evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle to escort them before, during and after the race. **All junior 15s & under in small boats MUST have a bank party on a bicycle.**

### Accidents

If you see an accident, give appropriate assistance if required. A marshal will take action or alert the rescue services by radio or phone as necessary. The whole course is visible to marshals, and there will be marshals with throw lines along the course. In the event of capsize please stay with your boat, check for the safety of all members of your crew and await assistance from marshals.

### Insurance

All crews must have adequate third party insurance.

### Health Information

Competitors are reminded that the Cam water is likely to contain the Leptospirosis (Weil's Disease) bacterium other sources of harmful and infectious diseases. Ensure pre-existing cuts, blisters etc. are covered with a suitable waterproof dressing before going afloat. Cuts, blisters etc. sustained during the race should be thoroughly washed immediately upon return to the boathouse. Should you be unlucky enough to fall in, please ensure you shower at the earliest possible opportunity. It is recommended that water bottles (including those with a "sports top") are placed in a waterproof plastic bag, rather than loose in the bottom of the boat, to reduce the risk of contact with unclean river water.

## 8. Contacts

Race Control	The "Beer Tree"
Events Secretary	Seb Walker – 07789 917763
Safety Officer	Julie Hogg – 07710 257691
Welfare Officer	Tom Watt – 07900 160766
Marshals	Individuals will be based along the course (identified by their yellow tabards). All with access to throw lines/radios/thermal blankets/megaphones/mobile phones/PPE
Emergency Aid	At Race Control
Hospital	Accident and Emergency at Addenbrooke's Hospital, Hill's Road, Cambridge, CB2 0QQ Tel: 01223 217118
Emergency	Fire, Police, Ambulance. Tel: 999



## 10. Emergency Access Points

### GPS/Postcode information - see detailed map below

All GPS positions in Degrees East and North. In general the tow path is not suitable for rapid vehicle access.

A. City of Cambridge Rowing Club Boat House, Kimberley Road. CB4 1JH  
E: 0.12958; N: 52.21164

B. Churchill College Boat House & Leys School Boat House only, Logan's Way. CB4 1EQ  
E: 0.14009; N: 52.21190

C. Vehicle access to western (nearest to Cambridge) tow path (code locked, vehicular access); Also coordinates for Penny Ferry (formerly Pike & Eel Public House) CB4 1PA  
E: 0.15052; N:52.21885

D. Vehicle tow path access near rail way bridge. Gated, code locked (code available from control), vehicular access to tow path near railway crossing over river Cam. Pedestrian access.  
E: 0.15523; N: 52.22034

E. Car park at Towpath for access to Baites Bite lock & weir, (code locked) (code available from control) eastern section of Tow path and start point. CB24 6AF Car Park  
E: 0.17803; N: 52.23757

F. Vehicle access to Ditton Corner (south, non-tow path side) at end of Long Reach., near Ditton CB5 8ST  
E: 0.16779; N: 52.22271

G. Vehicle access to First post corner (east, non-towpath side) north of Fen Ditton  
E: 0.17068; N: 52.22795

